

Full Report (All Nutrients) 45051389, GENERAL TSO'S CHICKEN, UPC: 041497034208

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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer WEIS MARKETS, INC.

Nutrient	Unit	Data points	Std. Error	283.0 g 283g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	371	131
Protein	g	--	--	9.00	3.18
Total lipid (fat)	g	--	--	6.00	2.12
Carbohydrate, by difference	g	--	--	68.00	24.03
Fiber, total dietary	g	--	--	2.0	0.7
Sugars, total	g	--	--	24.99	8.83
Minerals					
Calcium, Ca	mg	--	--	79	28
Iron, Fe	mg	--	--	2.69	0.95
Sodium, Na	mg	--	--	1070	378
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	15.0	5.3
Vitamin A, IU	IU	--	--	1749	618
Lipids					
Fatty acids, total saturated	g	--	--	0.990	0.350
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	11	4

Amino Acids

Other

Ingredients

COOKED RICE SAUCE: WATER, BROWN SUGAR, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT), MOLASSES, VINEGAR, MODIFIED FOOD STARCH, LESS THAN 2% OF THE FOLLOWING: MIRIN [SHAKE, WATER, RICE KOJI,(ASPERGILLUS ORYZAE), SUGAR, WATER, SALT, YEAST EXTRACT], VEGETABLE OIL (SOYBEAN, CORN, AND/OR SUNFLOWER OIL), CHICKEN BASE (ROASTED CHICKEN, SALT, SUGAR, ONION POWDER, SPICE EXTRACTIVES), YEAST EXTRACT, GINGER, GARLIC, SPICES, SALT. TEMPURA CHICKEN: CHICKEN WHITE MEAT, WATER, POTATO AND CORN STARCH, SALT, YEAST EXTRACT, SPICES. COATING: WATER, ENRICHED FLOUR, (WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN STARCH,

VEGETABLE OIL (SOYBEAN, CORN, AND/OR SUNFLOWER OIL), LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), SALT, YEAST EXTRACT, EGGS, VEGETABLE: BROCCOLI, CARROTS. *Date Last Updated by Company:* 07/30/2014